

## Education-based interventions for informal carers of people with dementia: a meta-analysis

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### Citation

Despina Laparidou, Jo Middlemass, Chris Bridle, Terence Karran, A. Niroshan Siriwardena. Education-based interventions for informal carers of people with dementia: a meta-analysis. PROSPERO 2014 CRD42014014606 Available from: [http://www.crd.york.ac.uk/PROSPERO/display\\_record.php?ID=CRD42014014606](http://www.crd.york.ac.uk/PROSPERO/display_record.php?ID=CRD42014014606)

### Review question

Are education-based interventions for informal carers of people with dementia effective?

### Searches

The following databases were searched: the Cochrane Database of Systematic Reviews (CDSR); MEDLINE; PsycINFO; PsycARTICLES; the Cumulative Index to Nursing and Allied Health Literature (CINAHL); the Allied and Complementary Medicine Database (AMED); PubMed; EBSCOhost; the British Education Index; and, the Education Resources Information Center (ERIC).

The databases were initially searched from inception to September 2014 and later updated in November 2016 and September 2018. Reference lists from the articles identified are also scanned to ensure identification and inclusion of all relevant studies. Only studies published in English will be considered.

### Types of study to be included

Studies that include a comparison control group.

### Condition or domain being studied

Health and well-being of informal carers of people with dementia.

### Participants/population

Informal carers (unpaid, family members or friends) of people with dementia. Studies targeting both carers and their care-recipients will also be included, but studies targeting only people with dementia will be excluded.

### Intervention(s), exposure(s)

Education-based interventions aiming to improve outcomes for informal carers of people with dementia, including education only interventions, psychoeducational interventions and/or multicomponent interventions.

### Comparator(s)/control

Comparators will be those used within the individual studies (i.e. usual care, alternative interventions, wait-list control, etc.).

### Context

### Main outcome(s)

Any changes in carer-related outcomes, such as quality of life, self-efficacy, burden, depression, etc.

### Additional outcome(s)

For intervention studies targeting the person with dementia as well, patient-related outcomes (e.g. quality of life, functional status, institutionalisation, etc.) will be included as well.

### Data extraction (selection and coding)

All studies will be screened and reviewed by two independent reviewers in line with the inclusion criteria. Any possible discrepancies between the reviewers will be resolved by discussion and consensus, and in consultation with a third reviewer if needed.

A standardised form (National Institute for Health and Clinical Excellence public health guidance) will be

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used to extract data from the included studies. One reviewer will undertake data extraction for each study, with a second reviewer crosschecking the extracted data. The following information will be extracted from each study: participant characteristics (gender, age, ethnicity, relationship to care-recipient, other relevant demographics), study characteristics (country of conduct, year, type of intervention, comparison group, length, intensity and follow-up, randomisation, blinding, attrition), outcomes (changes in outcomes specified in each individual study, such as depression levels, burden, quality of life, etc.), and outcome measures (e.g. MMSE, HADS, BDI, etc.). If any of the data presented in the papers is unclear or missing, the authors of primary studies will be contacted for clarification.

### Risk of bias (quality) assessment

Two reviewers will independently assess the risk of bias within the included studies using the quality criteria proposed by the National Institute for Health and Clinical Excellence public health (intervention and programme) guidance. Accordingly, quality criteria for appraisal of the studies will include follow-up, attrition rates, blinding of researchers, randomisation methods & procedures, selective reporting of outcomes, and publication bias.

Any disagreements between the reviewers will be resolved by discussion and consensus, and in consultation with a third reviewer if needed.

### Strategy for data synthesis

A narrative synthesis will be created from the included studies structured around the type of intervention (education only, psychoeducation, multicomponent), population targeted (carer, or carer and care-recipient at the same time) and outcome reported (e.g. burden, depression). Where there are sufficient homogeneous data, we will pool the results using a random-effects meta-analysis, with standardised mean differences for continuous outcomes and risk ratios for binary outcomes. We will consider an  $I^2$  value greater than 40% indicative of substantial heterogeneity.

### Analysis of subgroups or subsets

Where possible sub-group analysis will be performed based on intervention characteristics.

### Contact details for further information

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### Organisational affiliation of the review

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### Anticipated or actual start date

01 September 2014

### Anticipated completion date

31 May 2019

### Funding sources/sponsors

University of Lincoln

### Conflicts of interest

None known

### Language

English

**Country**

England

**Stage of review**

Review\_Ongoing (This review is currently being updated as we have decided to conduct a full meta-analysis instead of a narrative synthesis.)

**Subject index terms status**

Subject indexing assigned by CRD

**Subject index terms**

Alzheimer Disease; Caregivers; Dementia; Education; Humans; Psychology

**Date of registration in PROSPERO**

30 October 2014

**Date of publication of this version**

30 October 2018

**Details of any existing review of the same topic by the same authors**

This review is an update of our earlier unpublished narrative systematic review: Laparidou, D., Middlemass, J., Karran, T., Hudson, J., Mansfield, P., Windle, K., & Siriwardena, A.N. (2014). Psychoeducational interventions for informal caregivers of people with dementia: a systematic review. PROSPERO 2014:CRD42014014606

**Stage of review at time of this submission**

Stage	Started	Completed
Preliminary searches	Yes	Yes
Piloting of the study selection process	Yes	Yes
Formal screening of search results against eligibility criteria	Yes	No
Data extraction	Yes	No
Risk of bias (quality) assessment	Yes	No
Data analysis	Yes	No

**Versions**

30 October 2014

30 October 2018

**PROSPERO**

This information has been provided by the named contact for this review. CRD has accepted this information in good faith and registered the review in PROSPERO. CRD bears no responsibility or liability for the content of this registration record, any associated files or external websites.